



# TOSTADAS RAPIDAS VEGETARIANAS

with Kidney Beans, Carrot and Peppers



## HELLO KIDNEY BEANS

*Did you know cannellini beans are just white kidney beans!*



Red Pepper



Carrot



Red Kidney Beans



Coriander



Mexican Spice



Finely Chopped Tomatoes with Onion



Vegetable Stock Powder



Whole Wheat Soft Tortillas



Crème Fraîche



Lime

MEAL BAG

15 mins

2 of your 5 a day

Veggie

Rapid recipe

Big on flavour but short on prep, these 15 minute tostadas are about to steal the dinnertime limelight. Tostadas are simply toasted tortillas, which are assembled to replicate an edible plate! Pile them high with tasty beans, a dollop of limey creme fraiche and a sprinkling of coriander, and you're good to go! Who said you needed to spend hours in the kitchen to create a masterpiece?

GET **PREPARED!**

Preheat your Oven to 200°C.

16



# BEFORE YOU START

🔥 Preheat your Oven to **200°C**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Frying Pan, Coarse Grater, Sieve, Large Baking Tray** and a **Fine Grater**. Let's start cooking the **Tostadas Rápidas Vegetarianas with Kidney Beans, Carrot and Peppers**.



## 1 FRY THE PEPPER

- Halve the **pepper** and remove the core and seeds. Thinly slice.
- Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **pepper**.
- Cook, stirring occasionally, until starting to soften, 3-4 mins.



## 2 DO THE PREP

- Trim the **carrot** (no need to peel) and grate on a coarse grater.
- Roughly chop the **coriander** (stalks and all).
- Drain and rinse the **kidney beans** in a sieve.



## 3 COOK THE SAUCE

- Stir the **Mexican spice** into the **pepper** and cook for 1 minute.
- Stir in **half** the **coriander**, the **finely chopped tomatoes, stock powder**, the **carrot** and **kidney beans**.
- Bring to the boil, stir to dissolve the **stock powder**, reduce the heat to medium and simmer, stirring occasionally, until thick and tomatoey, 7-8 mins.



## 4 BAKE THE TORTILLAS

- Pop the **tortillas** in a single layer a lightly oiled baking tray and drizzle over some **oil**.
- Sprinkle on some **salt** and **pepper**. Bake on the top shelf of your oven until crisp and golden, 6-7 mins.



## 5 NOW THE LIMEY CRÈME FRAÎCHE

- Meanwhile, pop the **crème fraîche** in a small bowl.
- Grate in the **zest** of the **lime**, add a pinch of **salt** and **pepper** and stir together.
- Chop the **lime** into quarters.



## 6 SERVE

- Serve the **tostadas** on plates topped with a helping of the **veggie mix**, a drizzle of **limey crème fraîche** and a sprinkling of **coriander**.
- Finish with **lime wedges** for squeezing over.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper *	2	3	4
Carrot *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Whole Wheat Soft Tortillas 13)	4	6	8
Crème Fraîche 7) *	100g	200g	300g
Lime *	½	1	1

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 705G	PER 100G
Energy (kJ/kcal)	2768 / 662	383 / 94
Fat (g)	28	4
Sat. Fat (g)	12	2
Carbohydrate (g)	80	11
Sugars (g)	26	4
Protein (g)	24	3
Salt (g)	5.11	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

7) Milk 10) Celery 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

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